



Chichester

HERALD

Friday 15 September 2012

YOUR FREE WEEKLY NEWSPAPER

10p per copy

Chichester City Conservation Area

Chichester City Council

Chichester City Council



*Protecting those
around you*
FAMILY CENTRE
Page 12



*Win 2 tickets to see
Any Day Now*
COMPETITION
Page 22



*City go out
in goal thriller*
SPORT
Page 39

Is Chichester 'board' stupid?

>> Working together to improve the street scene in Chichester City Conservation Area

*A weekly Herald
REPORTER*

REPORTER CHICHESTER AND COVE

CHICHESTER District Council wants to work with traders to improve the street scene in Chichester City Conservation Area, in order to protect the character and appearance of the centre and encourage more people to visit the historic city.

The move is aimed at making premises safer and giving them a hand to maintain and enhance the historic character of the city. The council believes that this will make Chichester a more attractive and accessible shopping destination, preserving its close-knit streets within the protection zone of the city centre.

As part of this initiative, the council will be writing to businesses to ask for their cooperation by removing any A Boards

that do not currently have consent. It wants to work with businesses and the City Centre Partnership to look at alternative ways for businesses to promote themselves within the conservation area. This could include granting consent for a reduced number of A Boards, provided suitable locations can be agreed, or displaying hanging signs in side streets.

Councillor Carol Parnell, Chichester Member for Housing and Planning at Chichester District Council, says: "We are fully supportive of local businesses and want to make sure that they continue to thrive. We want to work with them over the coming months to look at alternative ways of promoting their business within the city centre. We also understand that planning is not always straightforward and we are keen to support businesses through this process."

Continued on page 3



Photo: Graham Shepherd. Photo: Graham Shepherd. Photo: Graham Shepherd.

MORE HEADLINES >>

**DEPTD IDENTIFIED FOR COMMITTEES
NORTHING OFFICES**

Page 3

**JOBY BOUND ON SAME LAG
AT WEST WESSEX**

Page 7

**GET ACROSS FORTHEN IN A
CATCH SUCCESS**

Page 10

**SALE
NOW ON**
**Up to
75% DISCOUNT
on selected items**

CEDAR GARDEN CENTRE BIRDMAN ROAD (ON THE WAY TO THE WYTERINGS)
WWW.CEDARGARDENCENTRE.CO.UK 01243 782666

WANTED URGENTLY
SCRAP GOLD, SILVER, JEWELLERY, APPLIANCES ETC



Lowery Jewellers

100 West Street, Chichester, West Sussex PO14 1EQ
Phone: 01243 789412 • Email: loweryjewellers@bt.com
www.loweryjewellers.co.uk

Not Only Sofas

Autumn Offers

THE KINGSTON

THE JUBEE (Velour)

UNBELIEVABLE OFFER

Only £699

(3+2) Recliner Suite (VELOUR)
Available as 3+1+1

UNBEATABLE VALUE

Only £199

Cabin Bed & Mattress

Nobody Can Touch This Price

WING CHAIRS



From £269



(Inland only)

THE COLOGNE

Get this amazing high quality wardrobe and chest



For Only £299

Includes triple wardrobe and 4 drawer chest (solid walnut look)

CLICK CLACK Sofa Bed

Special Promote Price £99



Available in: Black, Brown & Red

LEEKES SOLID WOOD DINING FURNITURE

(Clear & Not varnished)

LESS THAN HALF PRICE



Further 25% off All Market Prices



5FT BURFORD FAUX LEATHER BED

When you purchase a 5ft Quality MATTRESS for £199



Only £15 (from £200)



CAROLINE DINING TABLE
(Solid Ply) AND 4 CHAIRS

Now Only £299

Off Langley Road, Hillmead, SN5 5NW
Please to Sturveys Warehouse/Social

Open Monday - Saturday 10am to 6pm
Sunday 11am to 5pm (Last Night Opening Thursday until 8pm)

Tel: 01793 874167
www.notonlysofas.co.uk



FOLLOW US ON TWITTER
@chichester36

Local News

Continued from page 1

However, we also need to protect the city's historic character so that it is clear free and creative - leading visitor destination to be enjoyed by everyone. It will also make sure that everyone, including those with disabilities, can use the premises safely and without risk."

One popular high street chain in North Street commented that, "the council need to help businesses rather than stopping them from working themselves".

In response to information from retailers who said they are being restricted in their methods of marketing, the council has listed a number of ways it wants to help businesses, including:

- supporting businesses and answering any of their planning questions.
- providing guidance on shop front signs, which can be found at www.chichester.gov.uk/culture/heritage_and_download/docs/mooset.jpg
- making it easier to apply for advertising consent by providing the service online at www.chichester.gov.uk
- If an A Board is not appropriate for a business, the council will work with the business to explore alternative options
- working with the City Centre Partnership to look at advertising options and to promote the city as a shopping destination
- providing further support through its dedicated Economic Development team.



They can be contacted on 01243 534669 or further information can be accessed through www.chichester.gov.uk/business

We spoke to some of the general public on the matter. Amy Gregory, from Chichester, said: "I have a little one and the free-standing boards on the street do make

it hard with the pram when the streets are busy at the weekend." Philip Stanton, from Bunkhouse, said: "If they're designed well and look nice, I think they are fine as they are."

We took some photos of North Street where there signs are most densely

populated for our readers to decide. Are you all agreed with our street marketing, or do you think Chichester is just "board" stage? Tell us what you think at chichester36.co.uk

For more information on the subject please contact the council's Planning Team on 01243 534734

Drivers stopped for committing motoring offences

ESSEX police took their list of mobile and motoring offences were targeted as a two-day operation by Essex Police recently.

Road Policing Unit officers teamed up with Chichester Borough Road Policing Unit to catch motorist offences spending, using their mobile phones at the wheel or not wearing seatbelts.

The operation was run on Wednesday 28 September and Thursday 29 September in Portsmouth, Southbourne and Hablethorpe because of reports of serious driving in those areas.

A total of 40 drivers were stopped and either warned or fined for committing offences. Of those, 24 drivers were given tickets for driving without seatbelts along with motor safety, mobile phone at the wheel, two for speeding offences and one for not having a valid MOT.

PCSO Jason Linton said: "It constantly



warned us when my teen and I ran road operations so we can always stop people for not wearing seatbelts.

"Despite seatbelt laws having been in place for 30 years, there are still people who fail to wear them - putting themselves at risk."

Do you want to help make the roads to your community safer? You can get involved with a CommunitySpeed Watch group by visiting www.trafficpolice.uk and contacting your local PCSO who will be happy to answer any queries.

The Arundel Wedding Event

Mulmovers Street, Arundel, BN18 9AP



Sunday 13th September 2013 11am - 3.30pm

FREE ENTRY • FREE DRESS • FREE SHOWS

PRE REGISTER ONLINE

abfabevents.co.uk Tel: 07717 337585



Anorak Corner

Did you know? A taste of Chichester facts and figures...

Arundel is home to one of the oldest Scout groups in the

world. It's Arundel (East of Arundel) Scout Group.

It was founded in 1907, only a few weeks after Scouting began.

Designed by
feather & black

Clearance Outlet Up to 80% off*

Offers
of the
week



Save
£380

Salisbury Slatted King Bedstead
Was £549 Now £169



Save
£966

Tosca Superking Bedstead
Was £1215 Now £249



Save
£876

North Wardrobe
Was £1146 Now £269



Save
£913

Salisbury Large Wardrobe
Was £1146 Now £232



Save
£1006

Marblehead 8 Drawer Chest
Was £1295 Now £289



Save
£816

Olivia 7 Drawer Chest
Was £1145 Now £329

Visit Feather & Black's largest UK clearance outlet.
Items added daily, first come, first served.

Feather & Black Chichester, Terminus Road, PO19 8ZZ
Tel: 01243 380 636 www.featherandblack.com



*All clearance products are subject to availability and are sold as seen

QUALITY CONSERVATORIES MADE TO MEASURE

... JUST SOME EXAMPLES



ALL PRICES INCLUDE ALL BUILDING WORK (subject to survey), INSTALLATION & VAT.

ALL PVCu CONSERVATORY PRICES INCLUDE ULTRAFRAME ROOFS WITH POLYCARBONATE ROOF SHEETS AND LOW 'E' GLASS TO SIDES FOR HIGH PERFORMANCE, SELF CLEANING, SOLAR CONTROL ROOF GLASS, ADD APPROXIMATELY 10%.



ALL PRICES INCLUDE ALL BUILDING WORK (subject to survey), INSTALLATION & VAT.

ALL CONSERVATORY PRICES INCLUDE CLEAR TOUGHENED GLASS TO ROOF AND SIDES. FOR HIGH PERFORMANCE GLASS ADD 10%-15%.

* ABOVE ARE GUIDE PRICES WHICH MAY VARY DEPENDING ON SPECIFICATION E.G. NUMBER OF ORDERING & QUANTITY WANTS

OUTSIDEinterests

2 Barnham Road, Barnham,
Bognor Regis, West Sussex PO22 0ES



01243 553334

CALL TODAY FOR A NO OBLIGATION SURVEY & QUOTATION OR VISIT OUR SHOWROOM WITH 12 CONSERVATORIES ON DISPLAY

Jewellery and silverware stolen during burglary at Easebourne

POLICE are appealing for witnesses to a burglary of a property in Easebourne, between 8pm on Monday 3 September and 3.30pm on Tuesday 4 September.

Witnesses of all events and jewellery were taken.

Detective Constable Della Spivack of Chichester CID said: "It appears that some of the jewellery and silverware for

sale over the last few days, or hours of the items' silverware, please contact Sussex Police. These items are of significant sentimental value to the owners."

Any witness or anyone with information is asked to call or quote email and if any alternative, will the independent charity Crimestoppers anonymously on 0300 555 111.

Body found on sand bar at West Wittering

THE BODY of a man washed ashore drowned on a sand bar at West Wittering. Police were called to the beach at 4.15pm on Wednesday (September 4) when a number of the public who were looking had discovered the body. It was recovered by HM Coastguard.

The man has not yet been identified, but emergency services were called to West Wittering beach on Monday (September

3) following concerns for a man who was seen in the water and had not been seen for some time. The man, in his 30s, from London, was last seen up to his shoulders in the water between the beach and the sand bar at around 4.15pm.

The coastguard and helicopter searched the area between 4.15pm and 5pm. The search ended again at 6pm on Tuesday morning but no-one was found.

Don't risk your alcohol licence by selling to minors, says West Sussex Trading Standards

STAFFORDSHIRE in West Sussex are being warned that their alcohol licences could be at risk if they are caught selling any restricted products to children under 18.

West Sussex Trading Standards officers say they will take this action if the shop or bar is found selling, alcohol licence, alcohol licence, which are the prevention of crime and disorder, protecting children from harm, public safety and the protection of a public nuisance.

The warning was issued after Eddie's Corner Shop, at Fulham Road, Fulham, and Hamiltons of Gloucester Road, Soggar Road, were both contacted for selling fireworks and cigarettes to children during an under age sale but purchase operation that involved Trading Standards and Sussex Police as part of a wider Area Partnership Initiative. Officers also visited fireworks supply Trading Standards this year in April. Trading Standards licensing is necessary to ensure both shops' alcohol licence. Eddie's Corner Shop was ordered by the independent to operate a Challenge 25 policy: which means appearing to be under 25 will be asked for photographic ID when they try to buy alcohol or any age restricted goods. It also requires all staff members to receive fully documented training on the sale of alcohol or other restricted products with

reference being provided at intervals of no less than six months thereafter.

Hamiltons had put in place a comprehensive training package for all staff and agreed they would not sell liquor to those the previous again.

Louise Howard, of West Sussex County Council's Cabinet Member for Communities Services, which includes responsibility for Trading Standards, said: "These two cases send out a strong message to businesses that they risk their alcohol licence if they sell age-restricted products to children and young people."

"There will have consequences for their licence too. Businesses need to ensure that staff check that the people they are selling to are permitted to buy these products."

POLICE were called shortly before 5pm on Thursday 12 September to answer a 999 call from a Station Road, Soggar Road.

The case was in the category of the home and West Sussex Fire and Rescue had the fire under control by 9.15pm. The fire was being treated as arson.

A 27-year-old man, was arrested nearby on suspicion of arson with intent to endanger life. His residence is under the fire stage as investigation continues.







Get fit, have fun and feel healthy

Join anytime in September for just £15 and pay no monthly fee until 1 October 2013

Westgate Leisure offers some of the best health and fitness facilities in the south coast and our fully qualified team can help you achieve your goals.

Get Fit in our gym and classes, **have fun** in our swimming pools, feel **healthy** in our Health Suite

Westgate Leisure Chichester our Premier membership includes

- Unlimited use of the gym facilities, sauna, steam, spa's, swimming, fitness classes and racket sports at Westgate Leisure Chichester
- Unlimited use of gym facilities, fitness classes and tennis at Westgate Leisure Bournemouth
- Free parking

Membership from £38.44 per month

Westgate Leisure Bournemouth offer includes

- Unlimited use of gym facilities and tennis courts
- All fitness classes including yoga, pilates and aerobics

Membership from as little as £24.36 per month with no contractual fee

For more information call: T 01243 785654 or visit www.westgateleisure.co.uk



SING! DANCE! ACT NOW!

The original, largest and still
the best network of performing
arts schools in the world.

"Nurturing and developing young peoples
potential through dance, drama and singing."

For 4-10 year olds at weekends
and holiday workshops.

Stagecoach Chichester
is enrolling NOW
for the Autumn Term

An opportunity to experience the exciting
mix of dance, singing and drama.

Call: 01243 587 885
email: chichester@stagecoach.co.uk
www.stagecoach.co.uk/chichester

Act now
limited places
available!



Theatre Arts School
Stagecoach

Nominations sought for Westbourne by-election

MEMBERS are being sought for a
by-election to represent Westbourne on
Chichester District Council.

Anyone wishing to stand as a candidate
can submit nomination documents to
the Returning Officer from Friday 19
September until 10 noon on Friday 26
September 2014.

Nomination documents can be picked up
from Chichester District Council a Elections
Office at East Palmer House or you can
call any group or ward electorally
chichester.gov.uk to have them sent to you.

If successful, the election will take place
on Thursday 27 October. The Polling
Station will be at Westbourne Parish Hall
and will be open from 9am until 10pm.

Poll cards will be sent to all registered
electors. Applications to register to vote
and for new postal votes must be received
by the Electoral Registration Officer before
noon on Wednesday 2 October.

The by-election has been called after the
resignation of Councillor Thomas. Since
the named candidate will serve on the
District Council until May 2015.

Soroptimist International of Chichester & District Diamond Anniversary Lunch and visit to Barnum



MEMBERS of Soroptimist International of
Chichester & District Club welcomed guests
to celebrate their Diamond Anniversary
2014. Lunch at the Field & Park Marners
Restaurant followed by a visit to see
Barnum at the Chichester Festival Theatre.
Incoming President of Region of Central
Southern England, Penny Bartlett, and

Julie Chalkide, Secretary of Chichester
Club, sat the Anniversary Chair.
Soroptimist international is a service
organisation pledged to improve the
lives of women and girls worldwide. The
Chichester Club meets once a month. The
website is www.sigs.org and email hq@sigs.org.

Proposals for school to gain Church of England status

WENTWORTH County Council has launched
a consultation on proposals put forward by the
Barnum of Chichester Region C of E Infant
School Church of England status.

The proposed move would bring C of E Infant
School into line with other C of E schools
in the Longferry Park Federation, which has
always had Church of England status.

Although the change of status will not have
any financial effect on the way the school is
run it will mean that the current school will
have to formally apply to allow the newly
designated school to open.
The Diocese of Chichester believed it would

welcome the inclusion of C of E Infant
School into church family of 191 schools.
It would would also mean that the class links
with C of E Infant School Church of St Luke
would be reinforced and enhanced.

A new week public consultation will
now take place before Peter Evans, West
Sussex County Council Cabinet Member for
Children. Start of July will decide whether to
publish statutory notice to allow the
change which will allow a further six week
consultation period.

The statutory notice would be published at
the end of October. If the proposal is agreed
by then, it will proceed from December 2015.

Summer successes for Oving Dog Training Group



OVING DOG TRAINING GROUP celebrated its successful year, with a record number of top dogs and their handlers, joining their friends Kennel Club Good Citizen Award, and six puppies and handlers joining the Kennel Club Foundation Award.

Training continued during the summer at Oving International Ground. The club's trainers were delighted by the good turnout, and were very pleased to donate six pounds to Oving Village Hall from the day's profit.

Members of Oving Dog Training Group have also been active in the Chichester area. Earlier in the summer, trainers attended the Pup Day Show at Furbourne to support the Responsible Dog Ownership framework by hybrid dog breeds, Vietnamese.

In August, the Entertainment Team, led by Nick Palmer, took part in the Stewards Community Fire 5 days and their handlers showed a great range of exercises from puppy-proofing, extreme stunts, and away, and about work.

The new term starts on September 9. Their members are very welcome. For more information, phone 01243 376101.

Get Active Festival is a great success

THOUSANDS of people attended Chichester's annual Get Active Festival in Guildford Park on Sunday (8 September) – despite the rain.

The event, organised by Chichester District Council, was held for the sixth year.

It developed the Get Active Festival in 2008 as an Olympic Legacy event, and each year it's grown in its popularity. This year's event was bigger and better than ever before with over 500 stalls taking part," says Cllr Oliver Lund, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council.

Over 900 club members and volunteers helped out on the day, and I would like to say a big thank you to each and everyone. They made sure everything ran smoothly and helped make the day a huge success.

"Despite the weather – which was a mix of sunshine and rain – the event still attracted thousands of people and the feedback was great. The event provides us with a great opportunity to help people to discover new sports and activities that are available through local clubs. This encourages people to lead active and healthy lifestyles – as well as meeting new people and making new friends."



OLIVER LUND (C) AND NICK PALMER (R) WITH THE ODDLY BEHAVIOUR TEAM. PHOTO: NICK PALMER

The Get Active Festival offers a range of activities for both adults and children – including some of their own or ability. New activities included dryland, Pilates, and ball and the DCE Cricket Factory.

A paraolympic sports zone was also available to give both disabled and able bodied visitors the chance to try paraolympic sports, including basketball, football and tennis.

This year's festival also included the popular playground, an expanded green zone, free music, health checks, an emergency awareness zone, two inflatable, one and a half and a mobile climbing wall.

If you would like to find out more about volunteering at sport or about sports in the Chichester District, please call 01243 376101, email sports@chichester.gov.uk or go to www.chichester.gov.uk/sport.



Open Day

Help us celebrate our 10th birthday by coming along to a **free open day** on **Sunday 22 September 2013**

From 9am - 5pm the Centre will be open and offering:

- Indoor Go Karts
- Martial Arts
- Badminton
- Short Tennis
- Bouncy Castle
- Taster classes (Zumba, Yoga, Pilates and more)
- Pre-school gymnastics taster sessions

To find out more visit www.westgateleisure.co.uk or call 01243 376101









Sale

ChiBeds Bosham

Hurry - ends soon!
Visit your huge bed store

Beds • Mattresses • Adjustable beds • Bedsteads
Bedroom Furniture • Wardrobes • Sofabeds and more



4ft bin divan sets from £249. Offers on luxury pocket spring divan beds.
Free parking. Free delivery, assembly and disposal of your old bed.



www.chibeds.co.uk

Main Road, Bosham Roundabout, Bosham PO18 8NN • 01243 576622 • info@chibeds.co.uk

Be the best, says West Sussex County Council with launch of new business support programme



AN £18,000 BOOST to help start and grow businesses across the county has been announced by West Sussex County Council.

The 18-month **Be the Best** programme will offer one-to-one support to businesses, grants to help people who want to start a new enterprise or grow their business locally, and new funding opportunities for existing businesses to take on Higher Apprentices.

As the business officially launches, senior staff from the council will be seen out and about, encouraging local business growth and creating jobs. The programme is funded by the Local Growth programme, which was set up in 2010 to help

unlock the potential of the local economy. **Be the Best** has three main areas of focus:

- A business support programme offering one-to-one support to local companies through a series of workshops, events and access to expert advice, over the coming months.
- A business 'start-up-and-grow' grants scheme which could include funding of up to £20,000 per successful applicant. The grants are open to any business in the county and anyone who wants to start a business.
- The intention is to create at least 200 new Higher Apprentices across the County for people aged 16-24 by supporting employers with a goal of £2500 towards salary costs.

The business support and business start-up and grow grants scheme will be delivered by a consortium led by The University of Chichester, with support from Sussex Enterprise, Brighton Business Support Service and MD Hub. The Higher Apprenticeship Centre Scheme will be delivered by the County Council, working with the National Apprenticeship Service and local training providers.

West Sussex County Council's Leader, Louise Goldsmith, said: "The economy is a key focus for West Sussex County Council over the coming years so I know it is for us all. The more we can do to help create the conditions and support to ensure businesses prosper in the county, the better for

everyone.

"This **Be the Best** programme has been designed to address the issues that businesses have told us need attention - access to finance and support to create jobs and help boost the economy and create jobs."

"She also delighted that such a key part of the programme is the offer to local businesses to take on Higher Apprentices."

"We want to support employers to recruit and develop the young talent they need for business growth and success, and we want to help promote apprenticeship opportunities for local young people."

For further information about **Be the Best**, how applications can be made for business grants and apprenticeship grants, or details about one-to-one support or events that are being held as part of the programme, visit www.westsussex.gov.uk/bestbusiness, or email info@bestbusiness.org for information about loans on support and business grants or apprenticeship@bestbusiness.org for information about higher apprenticeship grants.

Protecting those around you



16-year-old Elinor (Chichester's Centre for Children) and 16-year-old Sarah (Family Outreach Work).



GOING UP Smoking is one of the best things you can do for your children, but also one of the worst. The dangers of smoking are well known but people who smoke around their children are also at risk of many of the same dangers as the children themselves. Children in particular are more vulnerable to exposure to smoke because they have a higher breathing rate and less developed airways, lungs and immune systems. When they are exposed to smoke at the home, they have a higher risk of Sudden Infant Death Syndrome, breathing difficulties, pneumonia, asthma and ear infections. Many people believe that smoking with the car windows open, or near an open door is enough to protect their children in a household from the effects of tobacco. However, the chemicals remain in the air and in your clothes.

To give your child the best start, don't let children, babies or an unborn baby be exposed to smoke. It is one of the best things you can do for your child. The thought of never having another cigarette can be daunting, so start by taking one day at a time. The key is to focus on the benefits of being smoke free and access the right support. Let your family and friends know that you are intending to quit smoking and ask them to support you. In addition, there are a whole host of free NHS services that can provide advice and encouragement as well as one-to-one support and where appropriate, prescription medication. You really can't win on your own!

The benefits of becoming smoke free are immeasurable. Your children are no longer exposed to toxins and chemicals, making them less vulnerable to illness, and your family are at less risk from the dangers of a household fire. You will feel healthier, breathe easier and greatly reduce your risk of getting



a serious disease from smoking, such as lung or heart cancer. Not only will you have more money to spend on your family, you will have more years to give them too. Chichester Maturity School, Chichester and Family Centre Stop Smoking Drop-in Clinic 11.30-2.30pm

www.chichester.gov.uk/cd or 01243 800000 For more information or support with parenting visit Chichester Maturity School, Children and Family Centre. Or phone: 01243 800000. Website: www.chichester.gov.uk/cd

If you do smoke and have tried (and failed)

Who can you rely on for servicing, repairs and MOTs?

**We offer repairs &
maintenance on all
car makes**

- All vehicle makes serviced and repaired
- Reliable servicing at affordable prices
- Competent and trained technicians



Rew Auto Services Ltd

Unit 13 East Mead Industrial Est. • Lavant
Chichester • West Sussex • PO18 0DB
Tel 01243 839 520
rewautoservices@yahoo.co.uk
www.rewautoservices.co.uk



Therapist: Chichester's third annual Green Fair set to be the biggest yet
ON SATURDAY 13 September, from noon-5pm, Traction Chichester is set to hold its third annual Green Fair, set to be the biggest yet, with a predicted total of 1,500-2,000 visitors. The Green Fair takes place in the Assembly Rooms in North Street and acts as a showcase for the numerous projects the organisation has running including a community reuseable energy project, re-stalling and re-wiring projects, a group for eco-wise pre-school and primary school children and the Ouldreds Park Community Orchard.

In addition to that the Green Fair will also have stands from ethical and local businesses and offer not-for-profit organisations including, Stungilbow, Chichester Co-Munity Car Club and Chichester Community Development Trust. As well as numerous stalls there will be a speakers' corner, featuring talks from a host of speakers on such diverse topics as parenting, the health of bees, to green parenting and ethical business. Lots will be providing a smoothie bar and also be holding both health making sessions and a stall dedicated to new activities will keep the children entertained all afternoon.

The Green Fair will also be having a Fairtrade Café.

Entry to the event is free of charge, and a raffle will be done at the afternoon - with top prizes a private culinary workshop for six with Forestry Mums at 7.15 on Down.

For more information see www.tractionchichester.org

Helen's Marathon effort – helping the Friends to help St Richard's ICU

ON THE 10th September Helen Maitland will be taking part in the Three Rivers Marathon – her first marathon – and she is keen to raise funds to help the staff who looked after her Dad when he was rushed to St Richard's Hospital 10 years ago. He was cared for in St Richard's Intensive Care Unit (ICU), following an accident, and although, sadly, her Dad did not recover, Helen and her family have never forgotten the kindness and dedication of the medical staff in ICU.

Helen says: "I am a primary school teacher and have always enjoyed running. Over the past few years I have taken part in half marathons, and it has been my aim to run a full marathon before I am 50. As this is my longest run I wanted to run in support of a charity that was close to me and my family's heart."

10 years ago my Dad suffered an aneurysm whilst driving home. He was rushed to hospital and was placed in the ICU ward. Unfortunately the aneurysm caused seriously damage and he sadly passed away. The ward gave tremendous support and care during that time, which will never be forgotten. Once after his death the ward helped

to make some hard decisions including donating his organs, which meant my Dad would go on to save a girl up water's edge and two babies."

Helen started training for her run in May, and decided to raise sponsorship in association with the Friends of Chichester Hospital, who support all departments and wards at St Richard's, and will ensure that every penny Helen raises will go to support the Intensive Care Unit. If anyone would like to sponsor Helen, and support St Richard's ICU, she has an online donation page at <http://mydonations.co.uk/friends-of-chichester-hospital> (choosing 'payable to Friends of Chichester Hospital's Chichester Marathon') can also be sent to the Friends Office, St Richard's Hospital, Spitalfield Lane, Chichester, PO19 8SD. Friends' Chairman, Jane Ramage said: "The Friends are delighted to be working with Helen and wish her well for the big day. It's quite a challenge, and we know that she has been working hard for this. She is determined to give something back to the team which helped her Dad and that's a wonderful reflection of how people value the skill and efforts of staff at St Richard's."





WEDDING FAYRES LTD
PRESTIGIOUS EXHIBITIONS & EVENTS



The Solent Hotel & Spa

Autumn Wedding Fayre

Sunday 15th September 2013

10:30am - 3:30pm

DREAM ASPIRE NURTURE SUCCEED



www.ruthsteinschoolofdance.co.uk
01243 605709

THIS SENIOR PROFESSIONAL VOCATIONAL COURSE is specifically for young people seeking a professional career in dance and the performing arts who want to succeed in a full dance training. To give entry onto the lowest vocational dance courses in post 16/12, extraordinarily high standards are expected. This course is designed to meet these standards.

The DREAMACADEMY will benefit all young people without having to find a private education alongside. Our carefully designed curriculum totals 1716 hours per week of full vocational dance training, thereby providing an equivalent training to that of a full time District Stage School. The DREAMACADEMY has the huge advantage of allowing pupils to remain in their current school environment retaining their full educational opportunities and facilities that your local school can offer. The structure of the centre also allows students to stay at home, thereby largely reducing the costs to parents and making a full training programme for serious young dancers possible for more families.

The DREAMACADEMY will benefit all young people aged 11 to 15 considering a career in the performing arts and recognise the huge diversification of skills required of modern professional performers. Genres include Ballet, Modern, Tap, Contemporary Jazz, Repertoire, Historical Dance, Dance Musical Theatre and Scenic (upstream roles). This approach to dance training will keep students on a par with the best studying at full time Secondary schools from the age of 11.

As well as their dedication to the programme, students at the DREAMACADEMY work widely to the profession and to do this involves vocational wisdom too. They are well versed in the demands of the profession and have a thorough knowledge of working students to the required standard.

Students will receive an assessment at the end of each year and a report detailing their progress and their ongoing suitability for the course. Academic support and ongoing pastoral support to ensure the rigours of a dance training and to ensure a healthy discipline are given to all students.

As a recognition of the training available at the DREAMACADEMY, The Mirror City Ballet Company have offered suitable students the opportunity to make us for a dance in perform with the company in their UK tour.

Introductory price £240 per month
To arrange to see us or for a full prospectus please call 01243 605709

RUTH STEIN SCHOOL OF DANCE

Back a few months now!

COURSES
Pre-School – Adult

BALLET

CONTEMPORARY

JAZZ DANCE

STREET DANCE

DRAMA

TAP DANCE

MODERN DANCE

HISTORICAL DANCE

MUSICAL THEATRE

ADULT CLASSES

Exams offered with
ROYAL ACADEMY OF DANCE
IMPERIAL SOCIETY OF TEACHERS
OF DANCING
LAMDA

NEW IN

NEW IN

NEW IN

Call now to book a free taster session and request a prospectus

HOW ALSO INTRODUCING

DREAM
ASPIRE
NURTURE
SUCCEED
ACADEMY

An elite vocational course for aspiring young dancers



Valley Challenge: Lavant Valley up and running to raise money for local playschool

SELECTION Playschool is running up with Molehill Fitness, hosts of the very popular Valley Footcamp, to organise the first ever Valley Challenge, an eight mile charity run through the three villages of East Dean, Charlton and Singleton. This challenging hill spectacle route will start runners at 10.30am and take in the three peaks of East Dean Hill, Ringlets Hill and Little Dean, all of which are situated on the ancient commons of the Goodwood Estate. Almost as important as the route are the three villages, which will serve as drink stations for runners and great locations for spectators to cheer on the participants. Donor mugs of the suggested route have been handed out by Molehill Fitness and will be given to all runners.

The race, which is a half marathon and will run through the South Downs National Park, will start at East Dean Football Club at 10.30am on 12 September. Run HQ is at East Dean Village Hall where runners can check in and have bags and where refreshments and toilets are provided. Runners should be completed before 12 September on the Molehill Fitness website, although there may



be a few places available on the day.

The race is being held to support the fundraising efforts of Singleton Playschool, a registered charity which is located within the grounds of Singleton Primary School and has

an important place at the heart of valley life. Local energy company EGAS are generously sponsoring the event, and will match every penny raised to support the Playschool. EGAS is a leading sustainable hydrocarbon producer in the

United Kingdom, delivering natural gas and crude oil to homes and energy markets.

Run Director Jo Hodgkinson: "We are offering this race to be a really exciting challenge, while being great fun for runners and spectators. Hopefully this magical run will get the valley up and running for years to come!" Chair of the Singleton Playschool Management Committee, Sue Bell-Coomes adds: "We are so grateful to all the runners that have already signed up to support us and to our sponsors and Molehill Fitness. Singleton Playschool relies on fundraising to enhance the educational experience of the children in our care and to ensure that we provide them all the best possible start to their school years. It is so exciting to see so many people willing to support their efforts by putting on their running shoes and taking with their love!"

To secure places visit www.valleychallenge.co.uk and download the entry form. Jo from Molehill Fitness is also available to meet with runners and details of that and the Valley Footcamp can be found on the website.



Aldingbourne Trust
Local Charities Trust for the South Downs

? QUIZ NIGHT

Friday 20th September at 7pm
Aldingbourne Country Centre

Entry: £12.50 per person
to include Fish & Chip Supper & Ice Cream

Teams of 6 people max

Raffle on the Night - Prices for 1st and 2nd place
To book a team call Alison Rowe on 01243 542675
e. alison@aldingbournetrust.co.uk

WIN A MEAL FOR TWO AT THE SHIP HOTEL

WHERE AM I?



Chichester Herald, in partnership with Chichester Ship Hotel, is giving away a fabulous meal for two people – every week!

The Chichester Herald will be running a 'Where am I?' photo competition every week by the Ship Hotel on North Street, Chichester every week where you have to guess the location of the photo.

For your chance to win this amazing prize for two people, please answer the following photo question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this amazing prize, email your answer, name, address and contact number to: news@the-shiphotel.co.uk

the ship
Hotel, Bar & Restaurant

North Street, Chichester, West Sussex PO19 1BH
Tel: 01243 (0)1234 778000 Email: enquiries@the-shiphotel.co.uk

Entries close on Wednesday 10 September 2014 at 12 noon. The competition rules are simple: send us a photo of a well-known local Chichester building or place. The photo should be taken from a public place and be clearly visible. It must be a photograph of a building or place in Chichester, not a landscape. Send your photo to the email address above. The photo should be clearly visible and not a blurry photo. The photo should be clearly visible and not a blurry photo.

Prize: A meal for two at the Ship Hotel. The prize is valid for use at the Ship Hotel only. The prize is not valid for use at other venues. The prize is not valid for use at other venues. The prize is not valid for use at other venues.

Terms & Conditions: The prize is valid for use at the Ship Hotel only. The prize is not valid for use at other venues. The prize is not valid for use at other venues. The prize is not valid for use at other venues.

For more information, visit www.the-shiphotel.co.uk

the ship Hotel, Bar & Restaurant

North Street, Chichester, West Sussex PO19 1BH

Tel: 01243 (0)1234 778000 Email: enquiries@the-shiphotel.co.uk

Entries close on Wednesday 10 September 2014 at 12 noon. The competition rules are simple: send us a photo of a well-known local Chichester building or place. The photo should be taken from a public place and be clearly visible. It must be a photograph of a building or place in Chichester, not a landscape. Send your photo to the email address above. The photo should be clearly visible and not a blurry photo. The photo should be clearly visible and not a blurry photo.

Prize: A meal for two at the Ship Hotel. The prize is valid for use at the Ship Hotel only. The prize is not valid for use at other venues. The prize is not valid for use at other venues. The prize is not valid for use at other venues.

Terms & Conditions: The prize is valid for use at the Ship Hotel only. The prize is not valid for use at other venues. The prize is not valid for use at other venues. The prize is not valid for use at other venues.

For more information, visit www.the-shiphotel.co.uk

the ship Hotel, Bar & Restaurant

North Street, Chichester, West Sussex PO19 1BH

Tel: 01243 (0)1234 778000 Email: enquiries@the-shiphotel.co.uk

EXCLUSIVE OFFERS FROM BRITANNIA WINDOWS

TRANSFORM YOUR HOME FOR LESS

UP TO 45% off
WINDOWS

DOORS FROM **£599**
Including VAT & Fitting!

Aluminium & PVCu
Bi-fold Doors

Huge Savings on
Conservatories
& Orangeries

VISIT OUR ROSE GREEN SHOWROOM

01243 268777

www.BritanniaWindows.co.uk



BRITANNIA
CONSERVATORIES
WINDOWS • DOORS

The tastiest chocolate in the Kingdom



ENTRÉE D'ACTE Kinoshita, a new chocolate brother company to Montezuma's, has new bars which feature Kinoshita's signature normally reserved for more expensive bars, in striking and colourful packaging that jumps off the shelf. Each chocolate consists of every bar contains a vibrant and catagory

active wrapped in beautiful Uganda chocolate. Kinoshita has been created to bring an affordable, superior quality British based to the UK market. Below the Crème point there were British offering, with the market being entirely controlled by the Kinoshita

There's also a real lack of association with brands including Kinoshita's and relying on changes in packaging or appearance to generate interest. With that in mind, Kinoshita was born. How Kinoshita's double chocolate chocolate mousses, dark chocolate lemon

It has, milk chocolate is pure butter, dark chocolate is orange marmalade, milk chocolate is vanilla and milk chocolate is espresso coffee. Please visit our website for more details <http://www.kinoshita.co.uk> or to buy visit Facebook or www.amazon.co.uk

Spofforths new intake of trainees

SPOFFORTHS, Chartered Accountants and professional advisers, have a commitment to employing students which has been created to their recruitment strategy for many years. This September, 10 students will be joining the first intant their accountancy training.

Most students come to Spofforths from A Levels or University, here to progress their accountancy careers and in the years around Spofforths offices including Gloucester, the firm continues to build strong links with its local colleges. The aim is to attract people with good A Level grades who wish to follow an alternative qualifications route to university by joining their careers and study become.

Spofforths recruitment process and induction programme are robust and very much a part of the business resources calendar, starting in the October/November in the year following their year's intake to ensure they are at the best of their

A number of past students have won national ICANN Graduate of Chartered Accountants in England and Wales awards and this year, Spofforths are proud to announce 3000 members, Nigel Clarke (AC) Order of Merit for the Professional Stage, John Stanning for Order of Merit 1st for the Advanced Stage and Chris Holford for Order of Merit (AC) for the Advanced Stage. As Gill Mansley, HR Director at Spofforths comments: "It's like to try and their vibrant business to learn and develop and



encourage students to get their studies into position as soon as possible. It's therefore look for enthusiastic and motivated people who are prepared to work hard and quickly take personal responsibility as they experience all the different aspects of the job. Plus with our emphasis on excellent client relationships, all our students quickly

get involved with a wide range of businesses where personal communication skills are a key strength. This year's intake are four students starting their AAT courses (as a pre-requisite) and six productive when in working for their ACA qualifications. Promoting Spofforths have the opportunity,

students may step in after qualifications to accelerate their experience. Spofforths is always interested in receiving applications for student positions on their website www.spofforths.co.uk, or by contacting the HR department at first spofforths.co.uk or email to spofforths@spofforths.co.uk



FOLLOW US ON TWITTER
@chicbizmag

Chichester Business

Local barbers is a 'knockout'

A PRIZEMAN barber has given itself a new look by knocking out the old and cutting in the new!

An Earlsbarrow and Limes Follies are now approaching their third year of trading and certainly aren't looking back after a new rebirth.

In March 2010 it was bought by a young lady barbers, James, who decided to totally rework and start afresh the following week with a new appointment system, traditional and modern styling, colouring it even hot towel shaving. She wanted to put the business right and make it known that the fresh new barbershop was open to all ages, five days a week.

In the first few months of trading, the shop went from strength to strength with not only the locals, but clients from surrounding areas that had heard about the barbers from friends or family. Due to popular demand, an extra area was opened to accommodate the long waiting space, giving Kathryn her own work space to offer cuts, styling and colouring for the ladies by appointment, again from traditional to modern.

The barbershop even has the pleasure of having its name on top and down the country lane just one hour from London. Unlike other clients and clients as they are a

very proud and supportive sponsor of him. In a few months the barbers have a relaxing pre-flight hot towel shave and a fresh sharp haircut.

The barbershop girls want to have built up a significant following in the area of one thing and have a huge amount of support, with one particular one ending there a weekly home visit.

Taking up with the ever changing fashions both girls go on a regular course as they are always up to date with the latest looks and made to order their male and female clients. So much so that the barbers have more than just a new look which features tatted grey eyebrows with, dark black styling and all the latest new products from 'matrix' they even make an effort on their Facebook page (Prizeman barbershop) to show their progress, which in turn means they are a regular and new clients.

The barbershop is a modern, stylish and very modern barbershop in traditional cut. So whether you would like a short, sharp and trendy or a short back and sides, An Earlsbarrow open from Tuesday to Saturday every week.

Tel: 01243 825100 (Open Tuesday to 5pm, Thurs 10-5, Fri 9-5, Sat 9-4)



Prizeman barbershop, Earlsbarrow, Chichester. From left to right: James, Kathryn, and two other staff members.

John Lewis launches practical skills programme

ALL PEOPLE head back to school. John Lewis has launched 'Stripping Skills to Life', a new practical skills programme for primary school aged children, to support the development of skills they identified in the 'Stripping Skills to Life' research of parents of children aged 5 to 10 in the South East, which revealed:

- Whilst over three quarters of parents (76%) saw one as a 'hobby', only 1 in 10 (10%) have taught their children how to do the tasks.

- The majority of parents (85%) are able to follow a recipe but less than one third (33%) showed that skill with their children.

The majority of parents in the South East viewed life as important for children to learn such skills. Nearly all parents (98%) of cooking, as a life developmental skill for children, however just under half (47%) were disappointed with their own cooking ability in school life. Over one third of respondents (37%) considered public speaking an important skill for children, with a third of parents (33%) considered not being better at it. Whilst less than half parents (48%) were comfortable with their own writing ability only 1 in 10 (10%) had passed down that important skill to their children.

An appeal back to school, John Lewis has launched 'Stripping Skills to Life', a new practical skills programme for primary school aged children.

Stripping to inspire and support children's development of practical, creative and

literacy skills through challenging Skills to Life programme, John Lewis aims to recruit more than 100 primary schools in the first year. The curriculum-aligned programme, written by educational experts, includes lesson plans for teachers and workshop and activity cards that can also be used by parents and volunteers to help bring activities such as cooking, art and design and storytelling to life.

The programme has been successfully trialled with eight schools nationwide, including Robin Hood School in Kingston, Peter Coulson, teacher at Robin Hood School in Kingston, said: "The lesson immediately engaged the pupils, they were really confident about learning new practical skills. They showed confidence and felt that they had really achieved something. The programme is a lovely means of helping children to embrace their imagination and develop new skills that they can use in their everyday lives and in the future. It's a useful curriculum linked tool for teachers too."

A dedicated website, johnlewis.com/skills-to-life, has been launched to support the schools, which includes modules on: Design & Make, Cook & Bake and Storytelling.

Christine Kinsella, director, local development at John Lewis, said: "We take our role as an active member of the community seriously and our commitment to strategy is focused on enhancing skills

to create better changes.

Through each of our Stripping Skills to Life modules,

we want to provide a hands on and inspiring platform to help build confidence and knowledge of practical skills."

The programme has now been building from the National Literacy Trust, the Design Museum and the Design Museum.

Jonathan Douglas, director of the National Literacy Trust, said: "The National Literacy Trust is delighted to support John Lewis' pioneering new community programme. Supporting literacy is a key aspect of the Stripping Skills to Life schools programme. It is our children and young people to produce inspiring skills in a range of contexts: from encouraging writing and storytelling skills in writing and following recipes: that is a wonderful way of seeing among thousands of children."

John Lewis is a leading partner in the design museum, and at a time of increasing interest in hands-on, making skills across the design community, John Lewis is delighted to make skills for the next generation, from creative and inspiring learning resources will ensure children's experience of hands-on engagement with the made world of design and craft, combining the primary curriculum for all learners."

John Lewis is a leading partner in the design museum, and at a time of increasing interest in hands-on, making skills across the design community, John Lewis is delighted to make skills for the next generation, from creative and inspiring learning resources will ensure children's experience of hands-on engagement with the made world of design and craft, combining the primary curriculum for all learners."

John Lewis is a leading partner in the design museum, and at a time of increasing interest in hands-on, making skills across the design community, John Lewis is delighted to make skills for the next generation, from creative and inspiring learning resources will ensure children's experience of hands-on engagement with the made world of design and craft, combining the primary curriculum for all learners."

John Lewis is a leading partner in the design museum, and at a time of increasing interest in hands-on, making skills across the design community, John Lewis is delighted to make skills for the next generation, from creative and inspiring learning resources will ensure children's experience of hands-on engagement with the made world of design and craft, combining the primary curriculum for all learners."

John Lewis is a leading partner in the design museum, and at a time of increasing interest in hands-on, making skills across the design community, John Lewis is delighted to make skills for the next generation, from creative and inspiring learning resources will ensure children's experience of hands-on engagement with the made world of design and craft, combining the primary curriculum for all learners."

John Lewis is a leading partner in the design museum, and at a time of increasing interest in hands-on, making skills across the design community, John Lewis is delighted to make skills for the next generation, from creative and inspiring learning resources will ensure children's experience of hands-on engagement with the made world of design and craft, combining the primary curriculum for all learners."

John Lewis is a leading partner in the design museum, and at a time of increasing interest in hands-on, making skills across the design community, John Lewis is delighted to make skills for the next generation, from creative and inspiring learning resources will ensure children's experience of hands-on engagement with the made world of design and craft, combining the primary curriculum for all learners."



John Lewis is a leading partner in the design museum, and at a time of increasing interest in hands-on, making skills across the design community, John Lewis is delighted to make skills for the next generation, from creative and inspiring learning resources will ensure children's experience of hands-on engagement with the made world of design and craft, combining the primary curriculum for all learners."

John Lewis is a leading partner in the design museum, and at a time of increasing interest in hands-on, making skills across the design community, John Lewis is delighted to make skills for the next generation, from creative and inspiring learning resources will ensure children's experience of hands-on engagement with the made world of design and craft, combining the primary curriculum for all learners."

Arts & Entertainment

Reviews

Any Day Now (15)

Running time: 95 mins
Director: Travis Fane
Starring: Alan Cumming, Garrett Dillahunt, Jesse Lerner, Frances Fisher, Gregg Kessler, James Alan Smith, Chris Mulkey, Don Franklin, Kelli Williams, Alan Cumming, Wendy Strickland, Michael Scott

Impassively directed and superbly written, this is a powerfully emotional, uncompromising drama with a pair of terrific performances from Alan Cumming and Garrett Dillahunt.

What's it all about?

Co-written and directed by Travis Fane, *Any Day Now* is inspired by a true story and set in 1970 New Hollywood, where Rudy Dillahunt (Alan Cumming) has a nightclub act as a lip-synching drag artist. When the music dries up, recently divorced lawyer Paul Flager (Garrett Dillahunt) after catching his eye at the audience for bar act, the pair begin a tentative relationship, but when Rudy's jealous neighbour (Diane Lane Allen) abandons her Down a Syndrome son Marco (Jesse Lerner), Rudy decides to look after him and asks Paul to help him get started. Though still down at work, Paul



secretly comes Rudy and Marco to live with him, in order to help with their legal issues for later custody. Between the two are a distant family, with Marco being a happy kid at a new school, but when Paul is told after a week party, the not-so-simple step to not try to take Marco away from them.

The Good

Cumming and Dillahunt are both terrific character actors, and it's a treat to see them taking on stage for once, despite their differing personalities, their relationship is

convincing and genuinely moving. There's also superb support from newcomer Jesse Lerner, whose bond with Cumming's character is powerfully emotional, as well as reliable turns from Frances Fisher (on the police in their custody case), Chris Mulkey (as Paul's study boss) and Wendy Strickland (as Marco's heartbroken teacher Miss Mills).

The script is excellent, managing to steer clear of TV excess of the week sentimentality and exploring themes and issues that are powerfully resonant. To that end, the script writing allows for an extra

layer of nuance because the preparation to do Marco (Rudy and Paul) are told in court that, despite the obvious love they have for Marco and the positive evidence they have had on his life, at the end of the day, he will still grow up believing their relationship as "normal", but that some responses also serve as a harsh reminder that such legacy still needs today, albeit on a less open basis.

The Great

The film is simply shot by cinematographer Rachel Morrison (which actually makes a nice change from the usual 1970s soft focus pastiche style) and there's a superb soundtrack, including a terrific song by Cumming himself (on lip-synching act as also showcased). In addition, Fane also creates a number of highly memorable and affecting scenes, such as an end-of-party dance by Rudy and Marco, and the film deserves a huge amount of credit for its uncompromising ending.

Worth seeing?

This is a superbly made drama that packs a powerful emotional punch, thanks to a strong script and terrific performances from Alan Cumming and Garrett Dillahunt. Highly recommended.

Westgate Leisure Bourne celebrates 10 years with free open day!



WESTGATE Leisure at Southbourne is celebrating its tenth birthday by holding a free open day on Sunday 20 September between noon and 5pm.

The centre, which is attached to the Bourne Community College, serves both the local community and the school. Over the past 10 years since its modern custom-built opened, the centre, which is used for everything from badminton to hockey.

The free open day is a way of saying thank you to the local community for their support over the years," says Cllr Helen Lunt, Cabinet Member for Leisure, Wellbeing and Community Services.

The centre really is a community hub, which provides something for everyone regardless of age.

Westgate Leisure is also home to lots of clubs and organisations. It provides

educational, sporting and recreational opportunities to people of all ages. It also offers the successful Medical School Scheme for Westgate Leisure, Chichester, which helps people to get back on their feet after a serious illness.

The free day will offer visitors a chance to see the centre, which is a modern, well-equipped facility with a variety of sports and leisure facilities. Visitors will also be able to see the new pool and the new outdoor swimming pool.

Special offers on membership will also be available. Westgate Leisure provides a range of membership options with no long term commitments.

Stacey Palmer, the centre's Wellbeing and Leisure Officer, is available to offer help and advice.

WIN 2 TICKETS AT CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION:

Q ALAN CUMMING IS FROM ?

- A. ENGLAND
- B. IRELAND
- C. SCOTLAND

Send your answer and include your full name, address and a contact phone number to competitions@chichesterherald.co.uk. One lucky winner will be selected at random. Closing time is Tuesday 17th September 2013 at midday. The winner will be notified later that day.

• Limit: one entry per person. Entries must be received by the deadline.



Cineworld Chichester
Chichester Gaia, Chichester
PO18 8EL 0871 200 2000

Roller disco is back!



A ROLLER disco is returning to Minstergate Leisure Church after it proved such a hit in its first year last year.

Roller disco returns on Saturday afternoon from Saturday 1 September. Sessions will be held on the first and third Saturdays each month until April 2014.

The sessions are for all ages and abilities. Plus new sessions for adults only will be held on Saturday 5 October and Saturday 5 December.

There's a DJ, professional aerial and lighting systems and experienced coaches, from experienced and beginner. Full safety

equipment is provided and experienced staff will be available to help with the fitting of pads and skates.

Two sessions have been organised - Miss Rollers and the Miss Event. Miss Rollers is a one hour session designed especially for families with under 12s. This event is a lot lighter and quieter than the Miss Event session with the focus on getting everyone skating. Parents can either wait or skate with their 'mini rollers'.

The Miss Event is a family orientated session for everyone. It is suitable for younger skaters who have basic skate skills, right through to experienced skaters who are. Under 16s must be accompanied.

The Miss Rollers sessions will run from 4.30 to 5.30pm and the Miss Event sessions will run from 6-7.30pm. Doors open 15 minutes before each session.

Miss Rollers costs £10 including the hire of skates, 25p if you have your own skates, and DJ/guitar sessions. The Miss Event costs £15 including the hire of skates. If you have your own skates and DJ/guitar sessions.

Please check the Roller disco website www.chichesterdiocese.org.uk to confirm dates, book tickets, to purchase skates and find book entry. For information about VEP Rollers (Dance Parties) please contact Roller disco on 01243 800000.

See behind the scenes at Chichester Cathedral



CHICHESTER CATHEDRAL
PHOTOGRAPH BY
JAMES HARRIS

SATURDAY 14th September 2013 from 1.00pm - 4.00pm, with free entry.

All PART OF Heritage Open Day, three areas of the Cathedral normally closed to the public will be open to visitors.

The Song School invited high up in the Cathedral a television and recorded only by a videoing special occasion. That is where the cathedral choir practices twice weekly under the direction of the Master of the Choristry. Come and discover a secret chamber!

The Cathedral Library houses a fascinating collection of rare books stored

in the Cathedral Cloisters.

The Bishop's Chapel in the private chapel of the Bishop of Chichester. Of special interest as the room remodel wall-painting dating from the 15th century, well known as the Chichester Record. An image of the Bishop's Chapel is attached (please credit Ann Holden).

No need to book - just turn up. Free entry. All are welcome. Please be aware that there are groups of up to 100 people in the Library.

For further information please telephone 01243 800000 or email chichestercathedral.org.uk.

Stagecoach student lands West End role

STAGECOACH Theatre Arts Graduate has been providing quality part-time training in singing, dancing and acting for six years. As part of the longest running and most successful children's performing arts schools network in the world Stagecoach Theatre Arts Graduate is more than just a stage school. They are proud to offer a full and rounded education, teaching life skills to build confidence, communication and teamwork whilst studying, alongside through the exciting world of singing, acting and dance classes.

Three Early Stage sessions are available for 4-10-year-olds and act as a perfect introduction to the Main Schools. In the Main Schools children and teenagers aged 11-18 years, learn singing, dance and act on Saturdays during term time, providing a balanced mix of fun, learning and performance for both of their Early Stage and Main Schools.

All of our teachers are CRE-qualified children and teenagers can work in a safe and protected environment. The combination of a state-of-the-art teaching and the small class sizes ensure that we can ensure that every child receives and has a wonderful experience.

For Stagecoach student, Mollie, a dream really has come true. Mollie, aged 15, successfully auditioned for the part of Young Ignorance 'Lam Maro' in the film 'Queen's Speech' and has landed a role in the film.



begin to role in the show 'How to be a Star' this year. 'Lam Maro' is the world's longest running musical and Mollie is absolutely thrilled to be joining the cast. Mollie has been a student at Stagecoach Theatre Arts for over five years and all of the students and

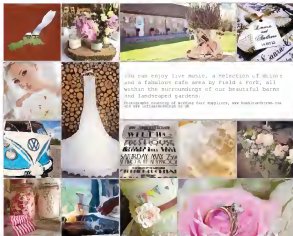
staff are delighted at her success and hope that she has a long and successful run in this fabulous show.

Stagecoach Theatre Arts Graduate is located at Bishop's Close, Chichester, and covers the City of Chichester and all of

the surrounding areas, not just for singing, dancing, singing, singing or acting classes for young people, Stagecoach has it all under one roof. For more information, call us, and call Principal, Stephanie Hicks, on 01243 800000.

WEDDING INSPIRATION FAIR

Come and meet hand picked local wedding suppliers offering high-end and unique services that have been tried and tested by some of our own wedding couples here at Southend Barns.



You can enjoy live music, a selection of drinks and a fabulous cafe area by Field & Fork, all within the surroundings of our beautiful barns and landscaped gardens.

Photographs courtesy of wedding fair suppliers, www.southendbarns.co.uk
© 2013 www.southendbarns.co.uk

Sunday 22nd September 2013

10.30am - 3.30pm

Southend Barns, Binnington, Chichester, West Sussex, PO20 7P*

Free entry

For more information

email enquiries@southendbarns.co.uk or call us on 01243 64*147

www.southendbarns.co.uk



Keeping a healthy heart



TAKING thank September represents new beginnings, new love, and everyone wants to discuss this the summer partying and too much over

indulgence? All our organs are needed, but the heart is one that gets neglected often. I was at a talk recently and the speaker said, "Heart disease is a lifestyle choice, not a disease." I've heard it thought, but it should make everyone stop and think: when you have a bad attitude like that how much can be prevented, and how many lives could be saved.

Despite what you may believe, heart attacks rarely happen "out of the blue." In fact, your body may begin to warn you of an impending heart attack for days, weeks, perhaps even a month or two before it occurs. Unfortunately, by the time you actually recognize you're suffering a heart attack, it could be too late to prevent death or debilitating heart damage.

Below are six excellent sources of insight y



Denise Kelly

fatyracids that protect your liver by reducing both inflammation and the risk of blood clots. These fats also work to keep your cholesterol levels healthy and by eating high levels of the good fats, you can also be getting at least two times per week you can seriously improve your health. For a heart healthy meal, try grilled salmon steaks with a green vegetable and a side salad with a sprinkling of lemon juice instead of high-calorie salad dressing.

Olives: Did you know your risk of heart disease by lowering your LDL cholesterol levels and it's an essential component of a Mediterranean diet. Make a rule for yourself: for every meal, try to eat a lot of olive oil in a small bowl and add a bit of balsamic vinegar and a sprinkle of oregano.

Orzo: Orzo contains a soluble fiber called beta-glucan that helps reduce total cholesterol and LDL cholesterol. Unlike fiber, it also helps keep your digestive system healthy. Orzo is packed with plenty of vitamins and minerals to keep you healthy.

Apples contain a phytochemical called quercetin, which acts as a natural anti-inflammatory agent and may help prevent blood clots as well. Apples contain vitamins and fiber, some are several delicious varieties and are portable. Eat an apple with a handful of walnuts or almonds as a healthy snack or add applesauce to your meals.

Almonds: Almonds and other nuts contain healthy fats, vitamins E and other substances that

will help keep cholesterol levels in check. Almonds are also a good source of protein and fiber. Almonds make a great snack on their own, or sprinkle almonds almost anywhere to add a delicious healthy touch.

You can't stay healthy and delicious to do things that are young today! So don't be the person who starts your new September healthy year.

Denise Kelly is a BANT (British association of Nutritional Therapists) registered Nutritional Therapist. She writes Nutrition Programs for a variety of organizations and has a private practice in Chichester, West Sussex and is the founder of K4 Fit Kids. Tel: 01243 540440 or www.denisekelly.co.uk

UK: a bigger killer

Coronary heart disease (CHD) is the UK's biggest killer, causing around 100,000 deaths each year. About one in five men and one in eight women die from the disease. In the UK, there are an estimated 10m people living with the condition and 10m people affected by angina (the most common symptom of coronary heart disease). CHD generally affects men more than women, but from the age of 45 the chance of developing CHD are similar for men and women. Discovering what you can do to help!

'Middle age' now begins at 53



well, and the others.

When asked to describe the signs of approaching middle age, experts at Nutrition Week London told us, something like an age and changing colour for comfort over age among the top six.

Not knowing any signs at the top ten, leading polymers, look, very young and taking a look of two around with you was also new, around the more quiet signs of turning the middle years.

Paul Korman, Head of Communications at London Health and "Life is happy

stepping over the traditional notion of middle age as the time when you are no longer as young and old."

A variety of factors - including more time to live and health care living - mean that people that their attitudes towards getting older are changing. One half of the people surveyed didn't feel that there was such a thing as 'middle age' anymore.

"We have what you are has become less important in determining how young you feel."

Right in two people that the term 'middle age' is much more difficult to define now than it used to be, and the same number think it's much more a state of mind now than a physical condition.

In fact, 49% of the over 50s studied felt they had not experienced 'middle age' yet, while 51% believe there is really a 'middle age' stage of life at all ages.

Nearly three quarters of firms feel there is less of a divide between the age groups than there used to be.

Improved healthcare was cited as the main reason for a blurring between generations, while more than half thought increased communication and social media meant people are defined less and less by their age.

And when it comes to lifting the moustache, the older generation was three times more likely to do so than turning up as they get they reached a new stage in life than when they turned forty or thirty.

81% of those surveyed believe if you think of yourself as old you'll naturally start to feel old, while 18% think that their happiness directly relates to how healthy they are.

Blame and memory loss are the things people least want about getting old.

Paul Korman added "Young, old appears to be a state of mind rather than being a specific age. People no longer see middle age as a natural milestone and don't tend to think of themselves as old as they hit their 40s and beyond. The 40s appear to be the most of a life-changing - perhaps sometimes over that of a decade."

"Living a healthy and vibrant lifestyle helps people to keep feeling young and we

see people embracing getting older. 'Middle age' is becoming a term with less and less significance."

Top six signs of middle age:

1. Long hair with emerging technology such as tablets and TVs
2. Finding you have trouble what 'young people' are talking about
3. Feeling at all
4. Finding an afternoon nap
5. Caring when you head down
6. Not remembering the name of any modern bands
7. Talking a lot about your joints/aches
8. Having grey hair
9. Getting more hair - on, eyebrows, nose, face etc
10. Thinking polymers/bushes/bacteria look really young

11. Preferring a night in with a board game than a night on the town

12. Not doing things you used to do in the past, eg. Cleaning dishes and shoes for comfort rather than style

13. Talking a lot of you on a day out

14. Obvious ordering or bad food on a Thursday or nothing wrong with ordering on a Sunday

15. Forgetting people's names or thinking in the same way

16. Looking young (smile / big / or big etc)

17. Complaining about the rubbish on television these days

RESEARCH DON'T actually put 'middle age' until they're 53, research has shown. A simple study of 1,000 men and women found attitudes towards living the middle of our years are rapidly changing.

Using life expectancy and healthier lifestyles mean that over-age people now feel it's not such a bad state as they do so begin the downward curve.

Less death between the age groups was cited as a big contributor, with social media sites and more led increasingly to no longer being the least between young and old.

The research, commissioned by London Health, found the appropriate 'middle age' has moved - initially thought to be age 40 - on average, from now feel it doesn't look to feel

Advertise. Publish. Easy.

Tappit

You can't knock it.

Visit www.tappit.co.uk to get a FREE account and start creating an advert in just a few easy steps...



Category



Location



Date



Logo



Content



Publish

Get the Free Tappit App.



Up-to-the-minute information about what's happening where you are...

- ▶ Location-based news, info, offers & deals.
- ▶ Favourite your interests for future alerts.
- ▶ Customise what you want to see.



Available on the
App Store



ANDROID APP ON
Google play



Brain Gym

Page 135

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letters to the right of the message to start you off.



Last week's solution:



Wordsquare



How good are you?

10 words - average,
15 words - good,
20 words - very good,
40 or more - excellent!

One word only is needed to find as many words as possible using the letters in the grid. Each word must use the letters either side of at least 3 others, and letters may be used only once. You cannot use plurals, but you can use words of any length. But words forming a square in a 4x4 grid. There is one 4-letter word to be found.

Last week's solution:

Words found: L, R, I, D, T, G, E, E. Words found: L, R, I, D, T, G, E, E. Words found: L, R, I, D, T, G, E, E.

Sudoku

Fill in the gaps below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.



Last week's solution:



Double Crossword

Choose either quick or regular sizes.

Quick Clues:

Across

1. Keep into small

2. One half (10)

3. One who has

4. A small insect

5. A small insect

6. A small insect

7. A small insect

8. A small insect

9. A small insect

10. A small insect

11. A small insect

12. A small insect

13. A small insect

14. A small insect

15. A small insect

16. A small insect

17. A small insect

18. A small insect

19. A small insect

20. A small insect

21. A small insect

22. A small insect

23. A small insect

24. A small insect

25. A small insect

26. A small insect

27. A small insect

28. A small insect

29. A small insect

30. A small insect

31. A small insect

32. A small insect

33. A small insect

34. A small insect

35. A small insect

36. A small insect

37. A small insect

38. A small insect

39. A small insect

40. A small insect

41. A small insect

42. A small insect

43. A small insect

44. A small insect

45. A small insect

46. A small insect

47. A small insect

48. A small insect

49. A small insect

50. A small insect

51. A small insect

52. A small insect

53. A small insect

54. A small insect

55. A small insect

56. A small insect

57. A small insect

58. A small insect

59. A small insect

60. A small insect

61. A small insect

62. A small insect

63. A small insect

64. A small insect

65. A small insect

66. A small insect

67. A small insect

68. A small insect

69. A small insect

70. A small insect

71. A small insect

72. A small insect

73. A small insect

74. A small insect

75. A small insect

76. A small insect

77. A small insect

78. A small insect

79. A small insect

80. A small insect

Down

1. A small insect

2. A small insect

3. A small insect

4. A small insect

5. A small insect

6. A small insect

7. A small insect

8. A small insect

9. A small insect

10. A small insect

11. A small insect

12. A small insect

13. A small insect

14. A small insect

15. A small insect

16. A small insect

17. A small insect

18. A small insect

19. A small insect

20. A small insect

21. A small insect

22. A small insect

23. A small insect

24. A small insect

25. A small insect

26. A small insect

27. A small insect

28. A small insect

29. A small insect

30. A small insect

31. A small insect

32. A small insect

33. A small insect

34. A small insect

35. A small insect

36. A small insect

37. A small insect

38. A small insect

39. A small insect

40. A small insect

41. A small insect

42. A small insect

43. A small insect

44. A small insect

45. A small insect

46. A small insect

47. A small insect

48. A small insect

49. A small insect

50. A small insect

51. A small insect

52. A small insect

53. A small insect

54. A small insect

55. A small insect

56. A small insect

57. A small insect

58. A small insect

59. A small insect

60. A small insect

61. A small insect

62. A small insect

63. A small insect

64. A small insect

65. A small insect

66. A small insect

67. A small insect

68. A small insect

69. A small insect

70. A small insect

71. A small insect

72. A small insect

73. A small insect

74. A small insect

75. A small insect

76. A small insect

77. A small insect

78. A small insect

79. A small insect

80. A small insect



Quick Clues:

Across

1. A small insect

2. A small insect

3. A small insect

4. A small insect

5. A small insect

6. A small insect

7. A small insect

8. A small insect

9. A small insect

10. A small insect

11. A small insect

12. A small insect

13. A small insect

14. A small insect

15. A small insect

16. A small insect

17. A small insect

18. A small insect

19. A small insect

20. A small insect

21. A small insect

22. A small insect

23. A small insect

24. A small insect

25. A small insect

26. A small insect

27. A small insect

28. A small insect

29. A small insect

30. A small insect

31. A small insect

32. A small insect

33. A small insect

34. A small insect

35. A small insect

36. A small insect

37. A small insect

38. A small insect

39. A small insect

40. A small insect

41. A small insect

42. A small insect

43. A small insect

44. A small insect

45. A small insect

46. A small insect

47. A small insect

48. A small insect

49. A small insect

50. A small insect

51. A small insect

52. A small insect

53. A small insect

54. A small insect

55. A small insect

56. A small insect

57. A small insect

58. A small insect

59. A small insect

60. A small insect

61. A small insect

62. A small insect

63. A small insect

64. A small insect

65. A small insect

66. A small insect

67. A small insect

68. A small insect

69. A small insect

70. A small insect

Down

1. A small insect

2. A small insect

3. A small insect

4. A small insect

5. A small insect

6. A small insect

7. A small insect

8. A small insect

9. A small insect

10. A small insect

11. A small insect

12. A small insect

13. A small insect

14. A small insect

15. A small insect

16. A small insect

17. A small insect

1

On the water

ALL THE LATEST WATER
SPORTS NEWS IN CHICHESTER

Centre joy as twice as many kids sailing in 2013

THE OLYMPIC LIBRARY is booming at Arun Youth Aspire Centre in Littlehampton, as the centre has already DOUBLED the number of youngsters it's got sailing regularly this year with at least a month of the season still to go.

By the end of August more than 60 young sailors, all introduced through family and friends, were regulars at sessions along the Littlehampton moorings, while a further 150 have also got used to the first time through the RYA's groundswelling programme, Duckboard, and other local authority summer activity schemes.

And with the glorious long summer weather looking like it's staying around for a lot longer yet, the centre, which this year has already run over 500 sailing sessions, a number of sessions a number of young people sailing — from intense intensive to the best of all, a summer holiday in 2013. A completely voluntary, registered charity, Arun Youth Aspire Centre, aims to make sailing accessible to all young people in the area regardless of age, gender or background. Not only has it got an impressive track record in introducing young people to the sport but its achievements in getting those youngsters into competitive dinghy racing is recognised by its RYA

Champion Club status

To ensure the volunteers keep encouraging more youngsters to sail more often so fewer than 10 young people and adults have qualified as RYA Dinghy Instructors this year. The addition of these new volunteers means the centre will be able to cut down more youngsters through the RYA's Learn to Sail! Youth Scheme while also increasing the number of its sessions that can be supported.

Shed Kirby, committee member, said: "It's already been a memorable year for us. The enthusiasm amongst our members has never been greater, and has been matched by first support from the management team and the adult volunteers."

An Arun Youth Aspire Centre team will go forth at the 2013 World Water Ski Championships and Youth Sailing Championships (YSC) in the UK, based at Edd Quay SC, Chichester on 21-22 September. The following week a number of those youngsters will compete at the RYA Talism South East Zone Championships, with places in the next RYA Zone Finals, the first rung on the ladder to Olympic sailing, at stake.

Developments on and off the water!

CHICHESTER YACHT CLUB (CYC) enjoy these rules from the city centre, working on the water's edge of the Premier Marina within Chichester Harbour. Boasting one of the largest yacht and motor cruising in company clubs on the south coast, over 500 yacht and motor cruising members enjoy their weekend cruises as far as the Solent and beyond.

Also sporting a lively dinghy section too with go-karts on the park, actively racing, training and cruising in this wonderful expanse of outstanding natural beauty it makes a wonderful haven for all types of sailors and visitors. More recently a strong radio-controlled model boat (RC) section has also been introduced.

Established in 1970 there are very close links with both Chichester Premier and Solent Harbours as well as the local motor businesses. Subsidised by the council, CYC is fortunate to have from a small dinghy sailing club when the first largest marina in the country (Chichester Premier) was laid out a hundred yards from its doorstep. There was no urgent need to move for the most needs of the yacht and motor community as well as no concept of a modern river related business



Access to the north end of the harbour.

With these developments upgrading its facilities and member for members CYC has moved on to become a club hospitality and membership scheme with 500 bar and restaurant facilities offering for wedding receptions, wedding lunch, private parties, Christmas parties, birthday celebrations and anniversaries as well as swimming and aerobics rooms with some lovely views from our balcony.

So if you are entertaining or you would like to relax in a dinghy or need modern furnished rooms for your celebration, party or meeting look no further than CYC. www.cyc.org.uk (except you're not)

Chichester Yacht Club

Private Celebrations, Conferences & Meetings
Wedding Receptions



www.cyc.co.uk 01243 512 918

SOLENT ENGINEERING SERVICES LTD

Specialist Marine and Architectural Fabrication and Welding



NOW
recruiting
Specialist
Welder
Fabricators

Proud
suppliers of
Stainless Steel
fabrication to
Southernly
Yachts

We cover all aspects of engineering from design to completion

www.solentengineering.co.uk

01243 512113

Unit 1-4 - Northgate Farm - Moss Road - Bournemouth - West Sussex - PO18 7BT



FIND YOUR PERFECT PROPERTY
In Chichester & the surrounding areas

Property

FEATURE PROPERTY:
ALDWICK
£480,000



An extended and improved detached Georgian style house situated approx. 500 yards from the beach. Refitted kitchenroom, dual aspect lounge, study, delightful extended and refitted kitchen/dining room, conservatory, utility room, master bedroom with refitted en suite bathroom, three further bedrooms, refitted second bathroom, detached double garage and West facing rear garden. EPC Rating: C

For more information, contact Coastguards Estate Agents on 01243 267026
www.coastguardsproperty.co.uk



Rents higher than students are willing to pay in a third of university towns



STUDENTS in a third of the England's university towns are in for a shock that rents are the amount of rent they are willing to pay is lower than the average in their town, according to FindaRoom website experts.co.uk.

Research carried out by experts.co.uk also showed that the average amount of rent students are willing to pay each month stands at £410 on average, 31% higher than the average rent of £309 per month being charged by student landlords. However, in a regional league, average rents in eight of the largest student towns are higher than the maximum students are willing to pay.

The average cost of renting a room in a student flat across the major British university towns has risen 5.5% over the last year from £309 per month to £327. This is a much higher pace of growth compared to that

seen between now and nine when rents rose just 3%.

The higher rate of growth has been spurred on by extra demand created by higher student numbers. In 2012 the number of university applicants fell 1.5% compared to the year before to 445,000. But in 2013, university applications have grown 3% to 453,000 – their highest level in the last five years. The rise in applications across degrees a rise to the average student fee being charged by universities. The average tuition fee across the UK rose £1,000 per year, up from £11,000 to £12,000.

Rishi Patel, manager of experts.co.uk, said: "Student rents are once again on the march as student numbers begin to recover following the downturn in tuition fees. Rents for student flats have on now at their highest level in five years which is increasing the financial pressure being felt by many students across the country who also have to deal with higher fees and more expensive day-to-day living costs."

In a separate study's survey of over 4,000 students, 97% said they live in private rental accommodation. Over half of all students (52%) say they have seen their monthly rent rise over the last 12 months. When asked about how much their rent had

increased, students felt their monthly rent had fallen more 6.4%, an almost identical figure compared to the actual rise in student rents (6.5%).

The rise in the cost of renting as a student has had varying effects on the living arrangements and lifestyle of students across the country. Over a fifth of students now share with more people compared to last year in order to save costs, while just under 1% now live in a smaller property. Over a quarter (28%) now have less money to spend in their social life as a result of rent rises, while 1% have less money to spend on other necessities and 3% have less to spend on books and other study materials.

In a separate survey of 1,000 student landlords, 97% said they had increased rents over the last 12 months. Only 6% and they had lowered rents compared to last year. When asked what had driven the change in rents, 97% felt it was the demand and supply imbalance with a shortage of rental stock and increased demand from students, while a further 3% stated they had felt a rise in the cost of mortgage which needed to be reflected in rental prices.

Rishi Patel continued: "Last year the only two local regions students enjoyed most higher tuition fees and increasing day-to-

day living costs was a shadow of the growth of rents as new student numbers fell and demand subsided. However, applications to university have increased, demand is up and the pace of rental growth has questioned. As a result many students now have to cut back and accept the pressures on other aspects of their daily lives."

Experts felt a 3% rise in rents over the last year, FindaRoom will offer students a student while for money accommodation and allows students more money compared to living in student halls where they might be sharing facilities with long or numbers of their peers. However, students increasingly continue to pay higher and higher rents. More than 6% of the market would help ease the supply and demand imbalance and the government needs to do more to encourage more to be available to let out spare rooms, flats and houses in order to help ease price rises in the future.

On a regional basis, eight of the UK's largest university towns have seen student rents over the last twelve months. The highest rates have been seen in Coventry (18.6%), London (13.9%) and York (10.5%). The largest falls amongst them have been in Bath (12.6%), Cardiff (10.5%) and Bristol (9.9%).

READER OFFER
THE COMPLETE TRAVEL SERVICE

IDEAL HOME SHOW AT CHRISTMAS
EARLS COURT
15 NOVEMBER 2013
Adult & Senior Citizen £34 & Child £20

The Ideal Home Show Christmas is based on the same format as the London shows but with a 'Christmas twist' incorporating more gadgets, shopping and gifts in time for the busiest retail period of the year as well as featuring themed room sets offering style and advice on how to dress a home for the Christmas season. More than 400 exhibitors are expected to showcase their latest products.

Pick ups in Chichester, Rose Green, North Basset, Bognor, Felpham, Littlehampton & Rustington

0
1
2
4
3
8
6
8
0
8
0

Park Road, Bognor Regis, West Sussex, PO21 1PX

READER OFFER
THE COMPLETE TRAVEL SERVICE

I'LL BE BACK BEFORE MIDNIGHT
WITH 2 COURSE LUNCH
THE MILL, SONNING
5 OCTOBER 2013
£63 per person

We arrive at The Mill, Sonning for our two course lunch served in their restaurant before the main performance of

I'll Be Home Before Midnight, A spine-chilling mystery thriller. Jan and Greg have rented an old farmhouse. If you love a good story, you won't want to miss this dark, twisting and twisted production.

The Mill is a converted 18th century flour mill located on an island in the River Thames at Sonning Eye.

Pick ups in Chichester, Bognor, Littlehampton, Rustington, Goring and Woking

0
1
2
4
3
8
6
8
0
8
0

Park Road, Bognor Regis, West Sussex, PO21 1PX

coastguardsproperty

6 Coastguards Parade, Barrack Lane, Aldwick



www.coastalunderseaparty.co.uk

Telephone: (01243) 267026

Email: office@unitedfundofamerica.org



ABSTRACT

255.000

An unusual historical property situated in a quiet suburban setting
800 parts of the credit limit. The very well-maintained property
includes a spacious entrance hall, stairs, living room, kitchen,
dining room, bathroom, bedroom, and a large garden.
The house is located in a quiet residential area, close to schools,
shops, and public transport.



2050

£795,000

A detached cottage style house set in approximately one acre of ground offering superb sweeping views west. The property has potential for further development. Braguard Classroom annex, fully built, dual aspect to its own dining room, good size kitchen, separate utility room, master bedroom with en suite shower room, two large bedrooms, second shower room detached to the garage with built in office, hot tub, heated swimming pool and hot tub, 20, Jordan road, Boreham, Essex, SS17 9JW. £1.



ALDRICH BAY ESTATE

\$46,750,000

Abstract *Staphylococcus aureus* is a major cause of nosocomial infections. The purpose of this study was to determine the effect of a 10% povidone-iodine solution on the growth of *S. aureus* strains isolated from patients in a hospital. The strains were isolated from patients in a hospital and were tested for their sensitivity to 10% povidone-iodine solution. The results showed that the 10% povidone-iodine solution had a significant effect on the growth of *S. aureus* strains. The minimum inhibitory concentration (MIC) of the 10% povidone-iodine solution was 1:1000. The results of this study suggest that the 10% povidone-iodine solution is an effective disinfectant for the control of *S. aureus* infections.



ALGORITHM

6,395,000

If well presented detached family house situated on a superb south-east aspect, 100 yards back the beach. Double fronted spacious open plan lounge/dining rm, kitchen, separate breakfast room (currently a study), two bedrooms, spacious bathroom, a double garage and a very well maintained driveway. Southally is a gem! EPC rating D.



WOLF GREEN

254,000

As attached house situated in residential development within 100 yards of River Ganges schools, shops and shopping area located in the better town of Durg. It is a P.V.C. of quality construction, large kitchen/dining room, double bedroom, bathroom, toilet with all water supply, main front/back balconies, lawns, detached single garage and an access to the main back life during parties. EPC 10/10/10. C.

**ALL INFORMATION**

0-4 878-5000

A three bedroom manorville situated in an excellent road side location with a 500 yards of the beach. The property has a fully fitted kitchen, dual aspect lounge, television room, first floor bedroom, a second floor bedroom with access to a balcony, a further second floor bedroom with separate e.p. & p.c. (viewing 24)



Abstract

● 2010年10月10日

Some business closings are as vibrant in the grounds of the Papad 4 as your home, yours to build in to be truly as family within any living features and the availability of any level of assistance from the core father, you a h. double-glazed living room, kitchen, bathroom, bathroom, personal space and a big G.

LICENSING APPLICATION LICENSING ACT 2003

NOTICE IS HEREBY GIVEN that an application has been made to the Licensing Authority of Chichester District Council for the grant of a Premises Licence under Section 29 of the Licensing Act 2003.

Date of this application:

Name of Applicant: Premier Member

Location:

Partial address of premises (or if no partial address, description of location and extent of the premises): The East House, Chichester, building 3, Vero 4 and 5, Chichester Marina, Bournemouth, Chichester, West Sussex, PO20 9L2

Level description of application (date of alcohol for consumption as set out in the previous five days - Sunday till 11.00.00 - no late night entertainment 03.00 - 05.00)

A copy of the statutory register may be inspected during normal office hours at the address shown below.

Any person(s) in authority or other person wishing to make representations on this matter must submit their representations in writing to the Licensing Manager, Licensing Team, Health Protection and Environmental Management, Chichester District Council, East Folkestone, East Folkestone, West Sussex, PO20 9L2 or by email to licensing@chichester.gov.uk by no later than the 10th October 2013.

Please note that it is an offence knowingly or recklessness make a false statement in connection with an application and, on summary conviction for the offence, a person is liable to a fine not exceeding level 5 on the standard scale (currently £5,000).

HSBC promises to be 'First for First-Time Buyers'



HSBC UK's new 'First for First-Time Buyers' offering, offering unbeatable mortgage rates on the High Street at just LTV.

The 'First for First-Time Buyers' mortgage product that has many of the LTV mortgage rates will be the lowest on the High Street across two and five year fixed rate products and lifetime trackers.

The market-leading rates are available from Monday for home buyers with a 5% deposit. For an HSBC current account customers, new customers can open an account and pay the same fee, otherwise fee is £1,000. The new deals include:

- 3.99% a year for 5 years for £1,000

For those HSBC current account customers:

- 3.99% a year for 5 years for £1,000 for an account
- 3.99% lifetime tracker - 5 years for £1,000 for an account
- New Starter, HSBC First-Time Buyers, with 5% have a mortgage with an account to help first-time buyers take their first step on the ladder and by processing the best rate on the high street are also taking away the hassle of searching for a mortgage.

HSBC's 'First for First-Time Buyers' current account will beat or match just LTV mortgage rates from other major High Street

providers*, however the HSBC fees are fixed at £100 or £200. Although the deals are focused towards first-time buyers, any home buyer requiring just LTV can apply.

HSBC customers offer competitive rates across a range of loans to homes, whether fixed or variable mortgages, for example the following marketing leading rates are available to borrowers with a 5% deposit:

• 3.99% a year for 5 years for £1,000 for an account - 5 years for £1,000 for an account. In addition to offering unbeatable rates for first-time buyers, HSBC is extending its 5% cashback offer for mortgage customers.



READER OFFER

KENSINGTON PALACE

FASHION RULES EXHIBITION & VICTORIA REVEALED

29 OCTOBER 2013

Adult £38, Senior Citizen £37 & Child £20

A glamorous new exhibition, **FASHION RULES** at Kensington Palace features rare and exquisite dresses from HM Queen Elizabeth II, Princess Margaret and Diana, Princess of Wales.

Regent dress displays will explore how these royal figures were representative of the spirit of each decade, reflecting and inspiring everyday fashions.

VICTORIA REVEALED is the first permanent story of Queen Victoria. In her own words, her story from childhood to old age will reveal her intimate private life set against her regal role and the conflicts this caused and dedication required of her as a person.

Pick up in Chichester, Bognor Regis, H. Berridge, Bognor, Brighton, Littlehampton & Hove

Park Road, Bognor Regis, West Sussex, PO21 2PX

0
1
2
3
4
5
6
7
8
9



READER OFFER

GLASTONBURY

ILLUMINATED CARNIVAL

16 NOVEMBER 2013

Adult & Senior Citizen £30 & Child £24

See the most spectacular illuminated carnival in the world. With over 1000 entries including over 70 carnival floats parading through the streets of historic Glastonbury. Each float is up to 100ft in length and illuminated with thousands of brilliant lights, together with beautiful costumes and music.

Marching bands and carnival princesses. Spectacular rockets signal the start.

Not too be missed!!
Highly recommended.

Pick up in Chichester, Bognor Regis, H. Berridge, Bognor, Brighton, Littlehampton & Hove

Park Road, Bognor Regis, West Sussex, PO21 2PX

0
1
2
3
4
5
6
7
8
9

Bell & Blake
SALES & LETTINGS

**We Will Sell Any
Property for**

£1000

Potentially saving you £4400 in agents fees!*

*Based on a sale price of £300,000 and an estate agents fee of 1.5% plus vat.

Why not pop in or call for a free market appraisal

10 Market Road, Chichester, West Sussex, PO19 1JW

Tel: **01243 790674** Email: **info@bellandblake.co.uk**

www.bellandblake.co.uk

We advertise in the following places





NEW CLASSES! WITH FITJOY STARTING IN SEPTEMBER

● ADULT STREET DANCE MONDAY 8.15-9PM CENTRAL PRIMARY SCHOOL £4 per Class

Come and try Street Dance from the latest moving and sexy style music that you can see on the MTV music videos. Routines will be danced to the latest pop, R&B and chart music. Think Cam, Rihanna, Beyoncé, Lady Gaga and The Pussycat Dolls. Not only will you learn how to strut your stuff like a true star, the class is great for getting fit and boosting self confidence!

● HULA AEROBICS SUNDAY 7-7.45PM SWANFIELD COMMUNITY CENTRE £4 per session £2 to members

Keep Your Wits is a Fitness Research Hinging a cardio workout. Hinging improves core strength, tones your stomach, arms, thighs and buttocks, a low-impact, high-energy workout that can burn approximately 400-600 calories in an hour. Hinging improves your balance and posture, increases coordination and improves flexibility.

● Dance Aerobics Monday 9.30-10.30am Newell Centre £5 per session

Half hour of FitJoy Cardio routines to your favorite music's a mixture of cardio songs through the 80s, 90s, 2000s and new songs. Half hour of traditional Aerobic toning routines to break an easy, fun and fitness. This Class is a whole body workout.



● FITJIX Class Monday's 8-8.45pm Starts 23rd Sept. - In FitJoy's NEW Studio J1 Fitness Suite on Chester Pre-station roundabout

A class that focuses on all aspects of fitness and is suitable for males and females, you will be regularly tested through both ropes, TRX, Barre, ball training and Kettlebell (for those fit to try) in our

new fully equipped studio you will learn techniques that are not possible in other classes and YOU WILL ACHIEVE RESULTS! As a result of FitJoy pre-station roundabout (only one 40 and includes a weekly meal and a complimentary sports competition). 12 weeks is a first class first, come and check you out.



CONTACT NATALIE
07738249612
NATALIE@FITJOY.CO.UK
WWW.FITJOY.CO.UK

**FITJOY CLASSES AVAILABLE IN CHESTER, BODNOR BRICKS, BRACKLESHAM, CHILDRENS ZUMBA AVAILABLE ALSO!
PERSONAL TRAINING, SPORTS THERAPY, ZUMBA, STREET DANCE AND CHILDRENS PARTIES**



Follow @chiherald

@chiherald

Sport

Football

City go out in goal thriller

Saturday 7 September 2013
FA Cup
Cheltenham City vs City Valley
By Chester Chronicle

CHELSTON were eliminated from the FA Cup in an action-packed contest against City Valley Paper Mills.

Penalties changed several times before the East was eventually punished two goals in extra time to secure victory.

City fell behind on 'penalties when Adam Bennett crossed the ball into the goalmouth before Lewis Wood headed it into the net.

But after 24 minutes it was 1-1, a chance from the City defence only put as far as Jack Cox, who retained a clearing 20-yarder that kept just inside the post with keeper Mark Embley not even moving.

And City were sent ahead when the runaway Pacey first half drilled some beautiful and slick 30-yard shot in the 36th minute.

However, the Mills fought back with two goals early in the second half. Pressure from Wood enabled Michael McGee to strike in the goalmouth on 52 minutes, and a minute later a long ball that travelled the length of the park ended with Wood clinically slipping it past the oncoming goalkeeper.

There was still plenty of drama to follow. In the 58th minute Mills made it 2-2, dropping just the longer after another of the dangerous runs, and from the instant Boker had taken short to go over a whistling shot from the centre circle.

Chelston's resources were badly stretched during the latter stages, with both centre-backs forced off and reserve goalkeeper Matt Jones having to make off the threshold bench and play outfield.

Despite this, City defender Ben Sholey almost gifted the game to Chelston when his over-powered back pass required a clearance save from Embley.

Finally, the tie was decided in a better



two-minute spell during extra time. Sholey made a goal-line decision to deprive City, and the ball went straight to the other end where David Anderson converted. Moments later, James Wood tagged City's 88th and it was effectively all over.

The last act in this beautiful game ended with a minute remaining when

Conry Heads headed Marsh, but Gader blocked the rampant penalty and then denied Marsh again when he rushed forward to try and follow up.

City: Zander, Heath, Madden, Embley, Conry, Cox, Green, Stubbins, Green, Ains, Pacey, Sule, Boker, Doss, Clatock.

Straight from the commentary box

England's fate hangs in the balance



Johnny Cantor

THE EUROPEAN Cup is qualifying for the World Cup still hangs in the balance but for Albion, here the focus is back in the Championship. That bit of trivia, as the advert used to say, is 'batty, batty, very batty'.

It also would seem to be a period that could not afford a promotion or play-off madness.

The Molineux stadium in Shrewsbury isn't the most atmospheric club, often a good view could be had from an interesting game on Sunday. Albion are looking for their first win in a century against the Royals but they aren't quite firing on all cylinders since relegation from the Premier League. One

team that certainly hasn't struggled since the drop is QPR. One of my first ever games as a boy was at Loftus Road and the ground still has a special atmosphere for night games. The walk through the terrace, dusty streets of White City, then a few minutes down to the stadium, a 40-minute ground where you have every sort of oddity for a few more minutes before the stadium. Of course the presence of Harry Redknapp will no doubt provide lively copy for the journalists in attendance.

After the away game the Albion host Bolton Wanderers in a rare 3 o'clock kick off at home. I've been surprised by Bolton as soon as they finished last season so strongly but will provide another story but. The following away trip to Portsmouth Road to see a Ipswich team of my favourite in the country. Shrewsbury you will remember ground, you are reminded of the history of the club. Fred and Mander when the walk while former captain Mike Mills still works on from the commentary box for BBC Suffolk.

There finally before the next International break is Shrewsbury Wednesday on Tuesday



defended by Nottingham Forest at the Anson as a few more kick off on Saturday. It could be one of the toughest period of the season as you know. I've topped Forest, Leeds and Leicester before at the top of the league but under Solly Doss we can expect an explosive season. They have the squad and are certainly spending the money and

I expect them to contend for the top two places.

As pressure to come, all different but once completed, we will have a better view of where the season might lead. Albion, I think the season. There we can look forward to the top of the league (about as appropriate) of England's first two games in the World Cup, as night

BBC SUSSEX
95.3FM | 104.5FM | 1048PM | DAB
Be part of it.



Follow from on Twitter
@BBCSussexsport
@johnnycantor

Let us know what you think

@chiherald



★ Be the ★
ENVY
= OF YOUR NEIGHBOURS =

Russells Coastal ★ Quality Furniture

— EST. 1946 —

LET US HELP YOU TO TRANSFORM YOUR HOME INTO A STYLISH HAVEN



Russells 
THE COASTAL GARDEN CENTRE

RUSSELLS GARDEN CENTRE AND BOUTIQUE DELI - BIRDHAM

FIND US ON THE ROAD TO WEST WITTERING BEACH

WWW.RUSSELLSGARDENCENTRE.COM